

Amendments to the Specification:

Please replace paragraph [0010] with the following amended paragraph:

**[0010]** Fig. 1 is a perspective view showing the body support [n] in use.

Please replace paragraph [0016] with the following amended paragraph:

**[0016]** Turning now to the drawings, as shown in Figs. 2-6, the present pad, cushion, or body support 10 includes a top or front surface 12 inclined at an angle AA relative to the bottom or base 13. The angle AA is preferably 25-55 degrees, more preferably 30-45 degrees, or 35-40 degrees. As shown in Fig. 2, the pad 10 includes a wedge-shaped base 11, preferably formed by a foam wedge 26 and covered with a fabric or Nylon cover 20. The foam wedge 26 is preferably an open cell mattress foam. A handle 16 and a pocket 32 may optionally be stitched onto or otherwise attached onto the cover 20. The cover 20 is advantageously provided with first and second zippers 22 and 24, to facilitate manufacture, and to allow the cover 20 to be separated from the wedge 26, for cleaning.

Please replace paragraph [0021] with the following amended paragraph:

**[0021]** Referring to Fig. 5, the ~~base~~ wedge 26 has a length L preferably ranging from 18-36 inches or 20-32 inches. The height H of the ~~base~~ wedge 26 is determined by the inclination angle AA, and typically  $H = 0.4-0.6 L$ . The height P of the head/neck pillow 14 is preferably 3-5 inches. Referring to Fig. 6, the head/neck pillow 14 is centrally located on the top 12 and back 18 surfaces of the wedge 26. The width PW of the head/neck pillow 14 preferably ranges from 0.5-0.8 of the width W of the wedge ~~base~~ 26, as shown in Fig. 3. The length PL of the head/neck pillow 14 as shown in Fig. 6 is preferably 0.4-0.7 PW. The bottom surface of the support 10 is preferably flat. Rubber or other high friction pads, tape, feet or projections 40 may be provided on the bottom, to reduce sliding of the support 10 when using on low friction floor surface, such as polished wood or stone.